



# BAR HILL NEWS

Brought to you by the Bar Hill Community Association  
May 2024 Issue 656

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**Save The Date: Bar Hill Fête & Festival -  
Saturday, 13th July (Back cover & Page 5)**

**Every Monday, 10- 12 (unless otherwise listed) in the Octagon (opposite Maple Surgery)**  
**The Hub is for people of all ages as a place to gather & enjoy community!**

6 May	NO Hub - Bank Holiday	
13 May	Coffee Stop Foodbank Meet a Parish Councillor 5AsideChess	Citizens Advice. Carers Cafe 10-11.30 Mental Health awareness, and Charity Green from HAY (How Are You) South Cambs?
20 May		Health & Wellbeing 10:15 -10:45
27 May		Evergreens

**WHEN:** Every Monday 10am – 12pm

**WHERE:** The Octagon (opposite Maple Surgery), Bar Hill, CB23 8EH

**WHAT:** Our vision is to create a fairer and friendlier community, so everyone can thrive and knows where to turn to for warmth, welcome, friendship and support. The Hub is a busy gathering space, providing a warm, comfortable, welcoming space for our entire community. Come along and join us, we look forward to seeing you!

**Coffee Stop:** Pop in for a coffee, a piece of delicious home-made cake and a chat with friends, old and new!

**Foodbank:** No need for any vouchers. If you are struggling financially, drop by and let us help you, available from 9am

**Citizens Advice:** to book an appointment, please email [barhilladvice@gmail.com](mailto:barhilladvice@gmail.com), send a PM: Kevin Potts using Facebook Messenger or, phone: and leave your details with our freephone number: **0800 088 6522**. **No Citizen's advice on 20th, and 27th May.**

**Evergreens**, is a safe space for those with memory loss to enjoy: Conversation, Connection, Celebration. Accompanied by a carer, friend or family member.

**When:** 4th Monday of each month. **NOTE:** Initially clients/carers are being identified and invited in partnership with the village Social Prescribing team.

**Health & Wellbeing:** On the 1st (**no hub Monday 6th May**) & 3rd Monday, take advantage of some exercise guidance from our experienced coach and visiting speakers (starting at 10.15am)

**Carers Café:** On the 2nd Monday of the month, providing support for any carers in the village, even if you are not a patient of Maple Surgery

**Meet a Parish Councillor:** you can meet one of our Parish Councillors to discuss any issues within our village, between 10am and 12pm within the Coffee Stop. Just look for the sign within the Coffee Stop.

**5AsideChess:** A great way to connect and start a conversation with people happy to teach you this wonderful game. Come along and join us for refreshments and a chat!



<b>Chair of Trustees</b>	Andy Pellew
<b>Vice Chair</b>	Anthony Mitchell
<b>Secretary</b>	Jenni Foster-Smith
<b>Treasurer/ BHN Advertising</b>	Hilary Whipp
<b>BHN Editor</b>	Andy Pellew
<b>Features Editors</b>	Liz Dams, and Bridget Wilson
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Bunty Waters	Jo Hall
Kate Da Costa	

If you'd like to contact the BHCA then you can either write to us c/o **Bar Hill Parish Council Offices, Hanover Close, Bar Hill. CB23 8EH**, email [chair-of-trustees@barhill-ca.org](mailto:chair-of-trustees@barhill-ca.org), or call **07814 871752**.

We meet monthly on the second Tuesday at 7:30 pm in the Fox. If you'd like an agenda please get in touch!

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld. There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted to [bhn-editor@barhill-ca.org](mailto:bhn-editor@barhill-ca.org)

See [www.barhill-ca.org](http://www.barhill-ca.org)



Depression can happen to anyone – it is not a sign of weakness



World Health Organization

## AGEISM IS HARMFUL

Ageism has far-reaching  
IMPACTS ON ALL ASPECTS  
OF PEOPLE'S HEALTH



Ageism takes a  
HEAVY  
ECONOMIC  
TOLL  
on individuals  
and society



PHYSICAL HEALTH



MENTAL HEALTH



SOCIAL WELL-BEING

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GLOBAL  
CAMPAIGN  
TO COMBAT  
AGEISM

## Over Memory Café

inviting all people living with memory loss, their families and carers, to join us for Music, Refreshments and Fun. we rely on guests being accompanied by a carer or family member free to all, every month on the fourth Saturday, our next Cafés are on

**Saturday, May 25**  
**Saturday, June 22**  
**Saturday, July 27**  
from 10 am to 12 noon

held at The Over Day Centre, 1 Drings Close, Over, CB24 5NZ  
wheelchair accessible, free parking available

## LETTERS, NOTICES & ANNOUNCEMENTS TO THE EDITOR

Please send your letters & notices to [bhn-editor@barhill-ca.org](mailto:bhn-editor@barhill-ca.org). Thank you!



Hi all,

Cambridgeshire Deaf Association were happy to welcome Anthony Browne MP to our monthly Bar Hill Hearing Aid Maintenance session in April. He was shown how we clean the moulds, renew the worn tubes and domes, distribute batteries and advise on general care and signposting on.

If you wear NHS hearing aids, pop along on the first Wednesday morning of every month 10am – 12 noon to the Community Church in Bar Hill for tea and biscuits, a chat and a full MOT on your hearing aids.

Thanks,

Gerry Robinson



### Hedgehog Fact

A group of hedgehogs is called an array.



### FOR SALE: Mamas & Papas Swirl Buggy

Excellent condition hardly used, with Raincover/Cosytoes etc £45

**Hoppa Shopper Navy Blue.** Hardly used. £10. Telephone **07802 720664**



### 8 o'clock club

The club is a women's group who meet on the 1st Thursday of the month at 7.30pm in the school.

On Thursday 2nd May when the speaker will be from Maggie's cancer care.

We welcome back our members and if you are new to the village and would like to join please come along or for more information please phone Barbara **204171 (07847 327709)** Adela **204265** or Ann **204687**



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**Michelle Dolan**  
Podiatrist/Chiropodist



HCPC  
Registration  
number  
CH34864



### Bar Hill Fete & Festival - July 13th

Our theme is a summer festival vibe for this years Fête. We will open at approximately 2pm on Saturday, 13th July on the village green and in the church.

This year we will have rides, games, stalls and displays as well as our fabulous entertainment starting off this year with Fruity Clave who will be bringing a Samba Vibe to our summer event.

We will have entertainment through the rest of the day including GH Dance Academy, music from acoustic star Simon Day, bands from Swavesey Village College, the amazing Glamtastic and finishing off the live music the Riffugees. There will then be a disco for all those still dancing.

As ever we need help to run the event so if you're able to help either before or on the day it would be greatly appreciated. Please contact [kateb@barhill-ca.org](mailto:kateb@barhill-ca.org)



New  
badges

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confidence

Learn  
new skills

Make  
friends

Have fun

New  
activities



## **We help all girls know they can do anything!!!**

Girlguiding has a long history of empowering girls and young women to be their best.

From a small handful of girls who gatecrashed the first-ever Scout rally, demanding 'something for the girls', Girlguiding has grown into a vast and vibrant network of members across the UK.

It's been over 100 years since Girlguiding was established, and our members are still pushing boundaries and achieving great things.



**7-10 years**

**Brownies welcomes all girls from 7 to 10 years old for nonstop fun, learning and adventure.**

At Brownies it's full of firsts: she might grow her first plant, cook her first cake, put up (and take down) her first tent, light her first fire, go on her first fun-packed weekend away with guiding friends. With a helpful hand from our encouraging volunteers, she'll explore her creative side, get out into the great outdoors, and start learning to look after herself, others and the world we live in. There's something for every girl at Brownies, and plenty of moments she'll never forget.

**Would you like your daughter to learn skills for life while having fun with her friends?**

To register your daughter: [www.girlguiding.org.uk/information-for-parents/register-a-child/](http://www.girlguiding.org.uk/information-for-parents/register-a-child/)

**Would you like to spend time volunteering for Girlguiding? – we can guarantee you will have as much fun as the girls!** To volunteer:

[www.girlguiding.org.uk/get-involved/become-a-volunteer/register-to-volunteer/](http://www.girlguiding.org.uk/get-involved/become-a-volunteer/register-to-volunteer/)

If you have any questions please contact Sarah Rivers, District Commissioner – email [barhillguiding@icloud.com](mailto:barhillguiding@icloud.com)



## Bar Hill Church Knit & Natter

We continue to meet regularly on a Thursday afternoon from 1.30 until 3.00pm at The Octagon. All are welcome.

As a well established friendly group, we enjoy knitting and are all very good at "nattering".



Our aim has always been to welcome and encourage people to join and meet old friends and make new ones. Also to encourage people to use their knitting skills to make things that other people need anywhere there is a need.

We have made vast quantities of baby clothes, scarves and hats for children and adults wherever the need arises in this country or another. We recently made a number of blankets to go into Food Bank parcels at Christmas.

We are always very grateful for donations of wool for our projects if anyone has any spare.

Thank you for recent donations they are greatly appreciated.

During our afternoons together, as well as knitting and nattering, we have a regular exercise slot when Wendy

keeps us stretched and strengthened with fun exercises. (soon after that we have tea and cakes !!)

Are you interested in joining us? Either phone me or just turn up on a Thursday afternoon. We look forward to seeing some new faces as well as our lovely familiar ones. P.S. You don't have to be able to knit to join us, we are very happy with nattering. Sue Kenchington 780260.

## Bar Hill Community Market



**Saturday 4<sup>th</sup> May**

**Saturday 1<sup>st</sup> June**



10.30am - 2pm



In the Octagon CB23 8EH

**Entry is Free**

All profits go to Community/Charity projects

Refreshments with Soups.

Cakes and a variety of craft stalls.

If you wish to be part of the market, please contact Karen Austen 07913923349

Email - [bar.hill.community.market@gmail.com](mailto:bar.hill.community.market@gmail.com)

Facebook - Bar Hill Community Market

# SPECTRUM



## CONSERVATORIES WINDOWS DOORS



**MOBILE: 07702 895673**  
**TEL: 01954 789478**



## Olive Tree Bereavement Group

Olive Tree is a very welcoming group for those who have undergone loss or bereavement, where you can talk freely and where confidences are always respected. There will be time to share your experiences, join in discussions and get to know others in the group.

Our meetings are held at 10.30 am on the second Saturday of the month, in the Octagon, and the next one will be on Saturday 8th May. We would love to see you whether you are a regular member, a new member or if you have never been before.

If you are not sure whether the group is right for you, please phone one of us to discuss it. We welcome all newcomers but would ask that you come at 10am so that we can explain the format.



The leaders, who are CRUSE trained, and the other members of the group will offer a warm welcome, and you will meet other people who have been through loss and who understand the pain and difficulties that this brings.

For more details, telephone Sue Kenchington at **780260**, Chris Stannard at **781978**, or Maggie Cox at **488657**.

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**Bar Hill Day Nursery and Out of School Club**

[www.buttercupschildcareltd.co.uk](http://www.buttercupschildcareltd.co.uk)

Bar Hill Day Nursery is based in Gladeside, Bar Hill. We are open 7.30am – 6pm, Monday to Friday, 50 weeks per year. We have spaces year-round or term-time for children aged 4 months to 4 years. Please contact the Nursery for more information or to arrange a visit. **Phone: 01954 488081 Email:**

**info@buttercupschildcareltd.co.uk**

Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**

# BAR HILL DISTRICT COUNCILLOR'S REPORT

Cllr Bunty Waters - [bunty.waters@ntlworld.com](mailto:bunty.waters@ntlworld.com)

01954 201421/ 07734 690580



Welcome if you are new to the village, you can meet me in the HUB on Monday mornings for a coffee, you can contact me if I can help in any way or you would like more information

## Sarah's Law (eCops update)

Sarah's Law was introduced after paedophile Roy Whiting abducted, sexually assaulted and murdered eight-year-old schoolgirl Sarah Payne. The scheme allows anyone to apply for information on behalf of a child to find out if an adult poses a risk to them.

You can find out more information via our dedicated web page: <https://bit.ly/3xy7i7N>

## Summer Reading Challenge

Bar Hill Library is excited to announce that the theme for this year's Summer Reading Challenge is...Marvellous Makers!

Developed by The Reading Agency, and Create a leading charity bringing the creative arts to those who need it most, this year's Challenge aims to fire up children's imagination and unleash storytelling and creativity through the power of reading. The bespoke illustrations for Marvellous Makers have been created by the brilliant illustrator, Natelle Quek.

Pop into the library to find out more.

## Free NHS Health Check

An NHS Health Check is a free check-up delivered by health professionals for adults aged 40 to 74 to help lower the risk of developing serious health conditions. They



are designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes, and dementia.

During the 20-30 min session, they will check your blood pressure, height, weight, BMI (a measure of whether you are a healthy weight), cholesterol and hbA1C (diabetes). To book your NHS Health Check or discuss your eligibility, please call us on **0333 005 0093** or text healthy you to **60777**. There are no charges to call or text.

For more info go to: <https://bit.ly/3xI3joV>



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# Bar Hill Church news

## Services

Sun 5 May, 10:00 am: Holy Communion  
Thu 9 May, 10:00 am: Midweek Communion  
Sun 12 May, 10:00 am: All Together Worship  
Sun 19 May, 10:00 am: Holy Communion  
Sun 26 May, 10:00 am: Café Church



There are separate activities for children on 5 May and 19 May; they start in church and depart with their leaders after the first hymn.

Sunday morning services can also be attended via Zoom: meeting id 882 9761 3899, password: 284740.



## Christian Aid Week 12-18 May 2024

The cost of living increases are affecting everybody, particularly the poorest in any society. Christian Aid Week gives us an opportunity to show Love In Action to those living in the most desperate poverty. Donations will empower people to change their circumstances and give them a hopeful future. Give

- online [christianaid.org.uk/appeals/key-appeals](https://christianaid.org.uk/appeals/key-appeals)
- mornings 12 & 19 May in church
- at the Hub Monday 13 May.

Thank you.

## Contacts

Church Office: Ian Farr, 01954 206120, [church.office@barhillchurch.org.uk](mailto:church.office@barhillchurch.org.uk)

Working hours usually include Monday, Tuesday and Wednesday mornings.

Minister: Revd Wendy Wale, 07780 828865, [minister@barhillchurch.org.uk](mailto:minister@barhillchurch.org.uk)

Working days are Monday, Tuesday, Thursday and Sunday

Website: <https://barhillchurch.org.uk>

Facebook: <https://facebook.com/barhillchurch>





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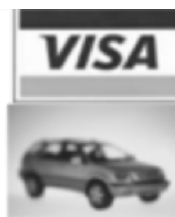
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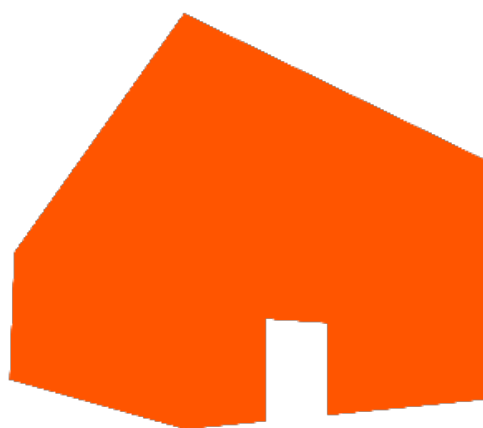
Maggie's cancer care centre offers free practical, emotional and social support to people with cancer and their families and friends, before, during and after their treatment. Help is offered freely to anyone with any type of cancer, tailored to individual needs whether the need is emotional support, financial or social. Maggie's professionally trained staff of cancer support specialists, psychologist and a benefit advisor, offer a warm and welcoming environment with no time limit.

Maggie's offer a programme of support each day ranging from yoga, men's support group, art therapy for adults and separately for children, bereavement support, hypnotherapy and acupuncture for hot flushes, menopause workshops and many more support groups throughout the week.

Maggie's is located at 21 Milton House, Addenbrooke's Hospital, Puddicombe Way, Cambridge CB2 0AD.

For further information please drop in to see us or book an appointment Monday – Friday 09.00 – 17.00.

[Cambridge@maggiescentres.org](mailto:Cambridge@maggiescentres.org) | 01223 249220 | [www.maggies.org](http://www.maggies.org)



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[www.buttercupschildcareltd.co.uk](http://www.buttercupschildcareltd.co.uk)

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**info@buttercupschildcareltd.co.uk**

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**Consultations by Appointment Only**  
*In an emergency please telephone ahead*

### HARDWICK

169 St Neots Road, Hardwick  
Cambridgeshire, CB23 7QJ  
**Tel: 01954 210250**

### PAPWORTH

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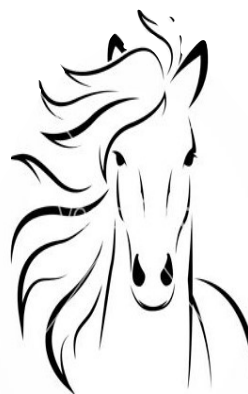
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### Bar Hill Catholic Mass

Celebrating our love of God – Meeting with friends – Volunteering

Mass will be held in Bar Hill Church at 6pm on Saturdays. Our services are open to all and everyone is very welcome to attend.

If you have any queries please call Bunty Waters **07734 690580**.

Our local parish priest is Father Adrian Gates, from OLEM, Ditton he is also the Hospital Chaplain - **07842 190882**.

Come & worship - everyone welcome.

Contact Bunty Waters for more info.

### Help! We're missing something ...

Maybe it's an article by a group you support? A bit of local news? Or even details of an event? Let us know! Deadline for inclusion in the May issue is **11th April**.

## CHRIS'S BIKES



### Bar Hill's local cycle centre

2 Thornton Way, Girton, CB3 0NJ  
 (just off Huntingdon Rd)

- Bikes
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- Wide range of spares/ accessories available
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- Magura



**We now offer bikes and equipment TAX FREE with the Cycle to Work (C2W) Scheme**

**chris@chrisbikes.co.uk**



OVER DAY CENTRE

**Sunday  
12th May 2024**



# The Five Pub Challenge

**Back by popular request, the 5-pub Challenge walk. See old friends, make new ones; perhaps walk as a group. All proceeds to go to the Over Day Centre, this year to help raise funds for enhancing the garden areas around the Centre with attractive beds, enabling clients to enjoy garden activities.**

Meet at Over Day Centre, Drings Close, CB245NZ from 10.00am, for a 12.5 mile walk through the beautiful Cambridgeshire fens to the Pike & Eel, the Ferry Boat, the Three Tuns, the White Horse and back to the Over Community Centre.

Minimum donation of £12 per adult, children free. Under 18s are very welcome but must be accompanied by a responsible adult. The length of the route may make it unsuitable for younger children.

**For details and to register, please view :**



[www.overdaycentre.co.uk/fundraising/5-pub-challenge-2024/](http://www.overdaycentre.co.uk/fundraising/5-pub-challenge-2024/)  
or call the Day Centre  
**01954 231807**

You can register online and donate before the day, the quickest way, or you can print the form yourself and complete then donate with card payment or cash on the day. If you are unable to join us but would like to donate, please go to:

[www.justgiving.com/page/overdaycentre-5-pubs-2024](http://www.justgiving.com/page/overdaycentre-5-pubs-2024)

Event kindly  
supported by:



**Ash Croft Vets**

The Over Day Centre, 1 Drings Close, Over, Cambs, CB24 5NZ  
Registered Charity No. 1196202.



## Helping Hedgehogs in May.

The mating season now begins in earnest.

If you hear loud snuffly noises at night in your garden, it may be hedgehogs mating.

After courtship, the male leaves the female to rear the young alone. As the growing season starts, hedgehogs are at greater risk of being killed or injured by lawnmowers and strimmers, so take care, while gardening.

For help and advice on hedgehogs please contact : Liz Dams - **07912 988898** / Shepreth Hedgehog Hospital **07947 361187**



## Wildlife Gardening in May

Gardens are important habitats for wildlife and can help form essential green corridors between larger habitats, such as allotments, parks and nature reserves within our towns and cities. You can attract a fascinating diversity of wildlife, such as pollinators, amphibians and reptiles, birds, mammals and invertebrates, By making a few simple adjustments, no matter how large or small your garden. Providing water all year round is as essential, as providing food for wildlife leaving a wildlife area in your garden can really help. It will provide much-needed habitats, giving food and shelter for wildlife, which is needed now more than ever as a natural habitats continue to be built on.



## Bar Hill Tennis Club- New Season

**[www.barhilltennisclub.co.uk](http://www.barhilltennisclub.co.uk)**

Our new Club night season started 18.30 on Tuesday 9th April and we welcome players of all abilities. Why not give tennis a try this year!!

Our membership rates are very competitive and membership entitles you to play at any time.

Check out our website for details!

What better way to welcome the better weather than enjoying a game of tennis!

Just a reminder for all 2023 members that all memberships fell due for renewal on 1st April and as usual the court access code was changed from that date. 2024–25 membership details are available on our web site and you can join and pay on-line.

Membership entitles you to play at any time throughout the year until 31.3.25 as well as at our Tuesday and Thursday club nights. There is an active WhatsApp group for members to share information and find playing partners.

If you would like a “taster” your first visit to our Club nights is free and we welcome players of all abilities – why not give it a try. Tennis is an excellent way to keep fit and enjoy the summer evenings in a relaxed and friendly environment.

Courts can also be hired for private play via our website.

Our Adult Club nights are Tuesdays & Thursdays 6.30 to 9pm through to autumn and beyond if the weather is favourable. We look forward to seeing you!

Paul Chubbuck (Secretary) **01954 781688**,  
Mobile **07983 435104**

Email: **[info@barhilltennisclub.co.uk](mailto:info@barhilltennisclub.co.uk)**

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# BAR HILL COUNTY COUNCILLOR'S REPORT

Cllr Edna Murphy - [Edna.Murphy@cambridgeshire.gov.uk](mailto:Edna.Murphy@cambridgeshire.gov.uk)

01223 577005



Well done Maple GP Surgery for securing the new contract with the Integrated Care Board and arguing successfully for additional resources. This is a huge step forward for the GP surgery in the village.

Please do get in touch if you have any issues I can help with or any questions.

## **Development Corporation to decide future of sub region development**

The Government has set out more details of its plans for a huge expansion of Cambridge and the areas around it. Originally called Cambridge 2050, then Cambridge 2040, it has now been set out in a document called The Case for Cambridge with plans for 150,000 more houses in and around Cambridge.

The Government's spring budget included £10.2M for the Cambridge Biomedical Campus and transport to it (the Cambridge South East Transport or CSET project).

A major obstacle to growth in and around Cambridge is water scarcity, to which the Government's answer is to pilot a new system of 'water credits' where 'developers can offset their development through the purchase and sale of water credits to ensure they have a neutral impact on water scarcity



within Cambridge'. This totally avoids the question of where the actual water will come from which is clearly a problem.

Last year, the Government appointed head of Homes England Peter Freeman to lead a new Development Corporation called the Cambridge Delivery Group to deliver the Government's vision for Cambridge. This will add yet another layer of local government to our already toppling structures, and a new and unaccountable body deciding the future of the city and area around it. Some locally elected representatives will be on an advisory board, but it appears that decisions will be taken elsewhere.

## **Household Support Fund**

The Government's said it would stop the Household Support Fund, the funding that helps the council pay for supermarket vouchers during the school holidays for families entitled to support, as well as other payments to households in need. It did a U turn and provided a reprieve for 6 months. Unfortunately the announcement was not in time for local councils to include the voucher scheme in their budgets, which had assumed no further support. We have now modified our plans to ensure continuation of the support at the same rate.

## **Gully Clearing**

The cyclical gully clearing programme, so vital in terms of limiting unnecessary flooding, had been cut. But it was reinstated by the Lib Dem-led Joint Administration, recognising in particular that flooding is getting worse due to climate change. It has been working through the County including in Bar Hill, where the estimated number to clear was 775 but in the end 957 were done.



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# Yoga For Seniors

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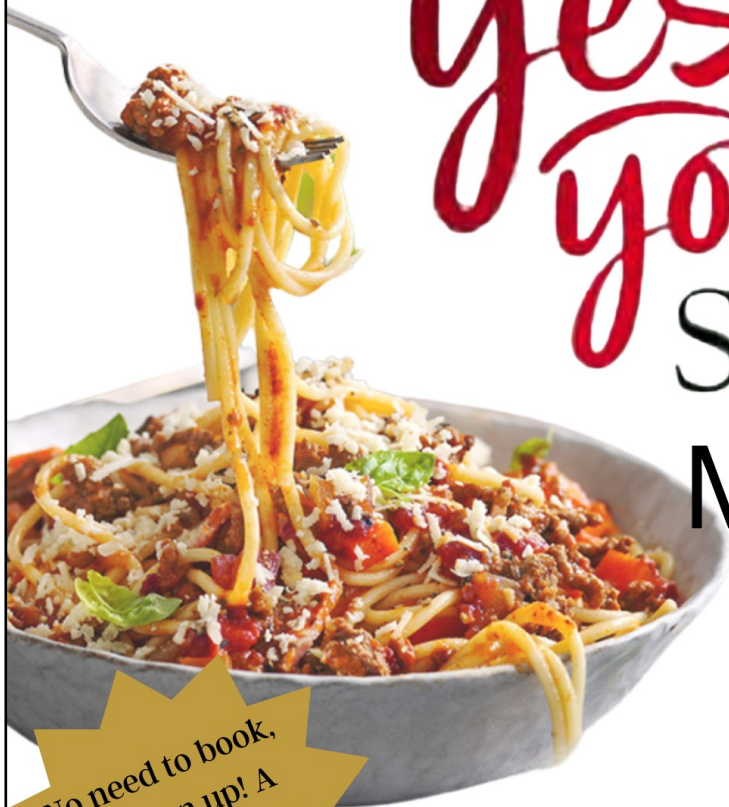
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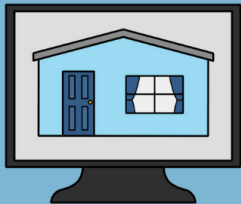
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# BAR HILL PARISH COUNCIL

Parish Council Office, Hanover Close, Bar Hill. CB23 8EH  
01954 780456 - [clerk@barhill-pc.gov.uk](mailto:clerk@barhill-pc.gov.uk)  
Chairperson: [bunty.waters@barhill-pc.gov.uk](mailto:bunty.waters@barhill-pc.gov.uk)

## Correspondence

For any correspondence please contact the Clerk in the first instance (see above).

Parish Office Opening Hours

Mon-Fri 9:00am - 5:00pm

## Litter Picking:

There will be a litter pick on Saturday 1 June 2024 if anyone would like to help please contact the Clerk for more information.

If you would like a litter picker please come and see the Clerk at the Parish Council Office.

## Drainage Issues

We recently had an issue with a drain overflowing outside the Church due to being blocked by wet wipes so just a reminder for people to not flush wipes down the toilet.

## Dogs in the Village

The Clerk has been working closely with the Local Policing Team the last few weeks and the Police have highlighted the ongoing issues on a Social Media Post to remind people to keep their dogs controlled and on leads when out in Public, especially when approaching another dog or people you don't know. If you have any concerns or need to report anything please contact 101.



## Committee Meeting Dates

Full Council Meeting 16 May 2024

Environment & Amenities 1 May 2024

Bar Hill  
library

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## Bar Hill Village Hall

The large Main Hall has multi-purpose vinyl flooring, making it flexible for all types of events. There is a kitchen alongside the Hall with a serving hatch, making it useful for self-catering at parties, discos and the like. The licensed bar can be booked on request and will be serviced by the Sports and Social Club. The Hall opens out onto a large patio area that is ideal for external activities or a spill-over for internal events and has two bolted gates that lead off the premises.

There is also a Meeting Room, with its own independent access and great for meetings of up to 10 people.

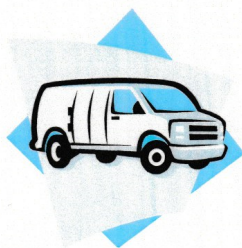
The Village Hall is managed as a registered charity (number 1002579). To book, please visit our web site [barhillvillagehall.com](http://barhillvillagehall.com) and email

[enquiries@barhillvillagehall.com](mailto:enquiries@barhillvillagehall.com) to confirm arrangements.

Alternatively, call **01954 782414** and leave a message. We aim to return calls within 24hours (Monday to Friday).

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### VOLUNTEERS

We need volunteers to ensure this service can run, please  
get in touch if you would be interested in getting trained  
up as a receptionist or a hearing aid technician or both!

## Bar Hill Sports & Social Club

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# Bar Hill Primary School

## Welcome to the Summer term at Bar Hill Primary School.

You may recall we had a visitor in school last year - Gerald the Giraffe - which the children worked very hard on decorating to represent our school and our community. You can now see him, and his other Mini G friends, around Cambridge, at the Standing Tall Trail. We hope that many of you go to see Gerald (who is on display in The Grand Arcade) and the other Mini Gs!

## Back in March,

We were incredibly lucky to have a visit from Jason at BMX Skate and Scoot who

came to deliver a skating workshop to our Year 3's. Some of the children were initially nervous about taking part in a new activity but they all rose to the challenge and the sense of achievement was palpable across the phase! The children learnt how to skate safely as well as developing their balance skills and ability to work as a team. The smiles were all we needed to see to know how much fun they all had out there! Thank you to all parents for supporting us in providing this unique experience, and to Mrs Pope and Miss Longstaff (and all the other adults who went out) for braving the chilly conditions all day!

## CULTURE & DIVERSITY DAY

We pride ourselves on the diversity within our school community. After last years successful diversity fayre, we would like to make this year bigger and better. Inspired by the World Day for Cultural Diversity, we are inviting parents/families to 'showcase' aspects of their culture, religion and traditions from their native country. During the morning of Tuesday 21st May, there will be an opportunity to share aspects such as traditional dress, flags, food tasters, written word and spoken language. We can only facilitate this opportunity if we can gather enough interest and commitment of time. If this is something you are interested in and are able to help, please email [office@barhillprimary.org](mailto:office@barhillprimary.org). Once we have received replies, and relevant numbers, we will be in touch with further information. Many thanks in advance.



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If you would like to visit and see what we do at a meeting, please feel free to either come along or contact Wendy Arrowsmith on **01954 781381** or Malcolm Cox on **01954 488657**.

Our next meeting will be a Wine and Cheese evening on Thursday 18th April at 7.30pm in The Meetings Room.

Meetings for the rest of the year will be June 27th, September 26th, AGM on 24th October. All of which will be in The Meetings room at 7.30pm

### Bar Hill Indoor Bowls Club

We meet in the school on Friday evenings during term time only from 7.30 pm to 10pm with a 1/2 hour break for coffee. We are a very friendly group and we would love to have some new members. It doesn't matter if you have never played before just come along and join us one Friday, the cost is £2 per week but the 1st week is free.

So why not come along and give it a try?

If you would like more information please

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**07847 327709** or

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Date: Saturday 29th June 2024

Location: Sibson Aerodrome, Peterborough PE8 6NE

Registration: Usually £70 – use MaggiesJump35 for a £35 early bird discount while tickets last. Minimum sponsorship target: £450

To book your jump please scan the QR code to book online or call **01223 249220** for more information.





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Weekly playgroup sessions for babies and  
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A range of toys and play equipment with fun activities including  
crafts, singing, sensory play and story time

Thursday Morning 9:45-11:15am\*  
at the Octagon, Bar Hill

\*term time only

Taster session Free, Further sessions - under 1 £2, over 1 £3, 2  
or more children £4 refreshments and snacks included

We look forward to seeing you at our next session

## Bar Hill Cricket Club

It's been a wet winter but we're hoping for the sun to shine as we prepare for our first matches of the season.

Our first match in the CCA Junior League is away to Elsworth on Saturday the 4th and our first home match is the following week against Camden seconds.

With further matches to come against Cambridge St Giles III, Cherry Hinton II, Comberton, Cam Kerala III and Cambourne IV, it's going to be a busy and hopefully successful season.

As well as the Saturday league, we're also in the Cambridge Business Houses League, where the matches begin at 6pm on midweek evenings. Our first match in that competition is on Tuesday the 28th against Cokenach.

We're always on the lookout for new players, or others interested in helping the club – contact us via

**[info@barhillcricket.org.uk](mailto:info@barhillcricket.org.uk)**

You can also follow all the latest in the Bar Hill News and on our website at **[barhillcricket.org.uk](http://barhillcricket.org.uk)** or on our Facebook page.

May fixtures: 4th Elsworth (A, CCA League), 11th Camden II (H, CCA League), 18th Cambridge St Giles III (H, CCA League), 25th Cherry Hinton II (A, CCA League), and 28th Cokenach (H, Midweek League)

**201212 | [info@barhillcricket.org.uk](mailto:info@barhillcricket.org.uk)**



## Bar Hill HAPPY HOURS Club

The Bar Hill Happy Hours club meets in the main bar area of the Bar Hill Sports and Social Club between 2 and 4pm on Friday afternoons for tea/coffee and cakes, getting together with friends, fun and games. All of this for only £2 per person. The bar is open if you want something extra.

We are looking for new members to join us, so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along and join us.

### Coming up:

3rd May: Bingo and a Quiz, 10th May: Games/Casino Afternoon, 17th May: Bingo and a Quiz, 24th May: AUCTION, and 31st May: Italian Theme

If you give us a try your first week is free.

Anne Plumb

**01954 780364 | [anne@rwp10.plus.com](mailto:anne@rwp10.plus.com)**

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OCTAGON (OPPOSITE MAPLE SURGERY)  
EVERY MONDAY 9AM - 12PM**

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☎ 0800 088 6522

**EMAIL US**

✉ [barhilladvice@gmail.com](mailto:barhilladvice@gmail.com)



## Bar Hill Ladies Book Club

Bar Hill Book Club will meet again on Tuesday 7th May in the Sports and Social Club at 7:30 pm. The book is: "The Vintage Shop of Second Chances" by Libby Page. For details of future events please email **[sheilafarrar@hotmail.co.uk](mailto:sheilafarrar@hotmail.co.uk)** or call/text **07920 558319**





# FRIENDS OF THE ROSIE

HAND-MADE CHILDREN'S TOYS AND CLOTHES

RAISING MONEY ON BEHALF OF THE FRIENDS OF THE ROSIE HOSPITAL - REGISTERED CHARITY NO: 1036092

The Friends of the Rosie Hospital are raising money to help make the Rosie a more comfortable environment for mothers and babies. We were given lots of projects to support at our Annual General Meeting

<https://bit.ly/3xrODKz>

Come and shop in person at

Bar Hill Community market on

Saturday 4th May from 10.30am to 2pm

We are sharing our extensive catalogue on our facebook page so you can grab yourself locally sourced, unique, beautifully crafted gifts and warm clothing and accessories for special friends and family. By using our online store you will be avoiding the crowded shops and keeping yourself safe. You can shop for new items on our website or donated items in our [rosieinstitches2010](https://www.rosieinstitches.org.uk) eBay charity store, and vintage knitting patterns on our facebook page. Please take a look at our extensive selection of jumpers and cardigans ideal to keep babies and children up to 4 years old toasty and warm through the remaining weeks of winter using coupon sleeves50.

Thank you to everyone for raising donations for Friends of the Rosie Hospital with #easyfundraising! If you haven't signed up yet, it's easy and completely FREE. 5,000 shops and sites will donate to us when you use easyfundraising to do your everyday online shopping - at no extra cost to you! Every donation you raise makes a difference to us so please sign up and share <https://www.easyfundraising.org.uk> today.

New members are always welcome, whether to contribute financially, to join our team of knitters, join our committee, provide transport for our volunteers or

display a small selection of our wares. If you would like to donate some of your spare time while you are staying safe at home, check out our website's volunteering page for some ideas.

Thank you for your continued support

Stay safe

Avril Williams | 01954 782431

[avril@rosieinstitches.org.uk](mailto:avril@rosieinstitches.org.uk)

and Jo Hall | 01954 780304

**FOR SALE:** Janome 9200D Overlocker. Used but still in good condition. £200 or o.n.o. For more details contact Karen on 07913 923349.



**Bar Hill**

**Neighbourhood Watch**

*working for a safer community*



To contact Neighbourhood watch please email [nhwinbarhill@yahoo.co.uk](mailto:nhwinbarhill@yahoo.co.uk)

To keep up to date on the latest developments please join us on facebook: [bit.ly/FBBarHillNHW](https://bit.ly/FBBarHillNHW) (or search for "Bar hill NHW")



## Bank Holiday Closures

Please note the surgery will be CLOSED for the bank holidays on Monday 6th May and Monday 27th May.

When the surgery is closed please call **111** for medical assistance, or **999** for a life threatening emergency.

## Cancelling Appointments

We respectfully ask that you contact the surgery by telephone to let us know if you can no longer make it. You will not have to hold for any period of time, just press option 3 which will allow you to leave a message to let us know. Please do not cancel last minute via email as, when we are very busy, we are unable to monitor the email inbox.

## Pharmacy First Scheme

Patients can now get treatment for seven common conditions (see below) directly from their local pharmacy: Sinusitis, Sore

throat, Earache, Infected insect bite, Impetigo (a bacterial skin infection), Shingles, and Uncomplicated urinary tract infections in women.

The pharmacist will be able to speak to you privately in a separate consultation room and they may perform an examination or ask to access your medical records. By reducing the number of patients with common conditions, needing blood pressure checks or oral contraception visiting a GP, Pharmacy First aims to free up 10 million GP appointments a year.

## Pregnancy

If you have had a positive pregnancy test, or are pregnant and have recently moved to the area, you are able to self-refer for your care.

For further information on what to do next, and to download the Pregnancy Self-Referral form, please visit the web page below: <https://www.cuh.nhs.uk/rosie-hospital/maternity/pregnancy-pathway/>

Once you have completed the form, email it to their booking line admin team on [cuh.cmwnewbooking@nhs.net](mailto:cuh.cmwnewbooking@nhs.net) (all instructions are on the form).

For women who require a translator, or who don't have digital access, please call **01223 348981** and leave a voicemail with your name and NHS number. Please be advised to email your self-referral form or telephone the service as early as possible following a positive pregnancy test.

## Carers Meeting

Carers support meeting on Wednesday 1st May at the Willingham Surgery between 2pm and 4pm. Refreshments are provided, there's no need to pre-book and it's completely FREE! Contact [susan.lawson7@nhs.net](mailto:susan.lawson7@nhs.net)



**Your  
antenatal  
care**



Together  
Safe  
Kind  
Excellent

**Have you recently found out that you're pregnant and would like to have your care with the Rosie Hospital?**

You can self-refer directly - simply scan the below QR code for more information.

Contact us as soon as possible to arrange your first booking appointment and scan.



**#safe #kind #excellent**



# THE FOX

GLADESIDE, BAR HILL, CAMBRIDGE, CB23 8DY.

01954 780305 | [fox.cambridge@blackrosepubs.com](mailto:fox.cambridge@blackrosepubs.com)

## A Venue for Celebrations of Life, Wakes, Birthday Parties and all Other Celebrations

Depending on your needs, we can reserve part or all of our restaurant, including our pool table area. Our garden is fully enclosed and has a sheltered seating area with benches and parasols in the grassed area. Our large car park is all weather hard standing.

Our chefs can prepare a finger buffet of hot and cold food, which would be tailored to your needs; we can also offer gluten-free, vegetarian, and vegan options and other dietary requirements.

The bar has a wide selection of wines, spirits and soft drinks. We have draught lager, cider, real ale and Guinness. We also serve a range of hot drinks.

For more information and to check availability, don't hesitate to get in touch with us



Mon	10:00am – 5:00pm
Tues	2:00pm – 5:00pm
Wed	10:00am – 5:00pm
Thurs	Closed
Fri	2:00pm – 5:00pm
Sat	9:30am – 12:30pm
Sun	Closed



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**you've never seen before....**

**HELLO,**  
**IS THERE**  
**ANY BODY**  
**THERE?**

Written by Ian Hornby  
Directed by Chris Avery



**SCAN ME**

**Bethel Baptist Church, Swavesey: Tuesday 7th May 7.30pm**

**Rampton Village Hall: Friday 10th May 7.30pm**

**Bar Hill Church: Saturday 11th May 2.30pm & 7.30pm**

*Tickets available via web or phone:*

**[www.swaveseyradsoc.org.uk](http://www.swaveseyradsoc.org.uk) or Call 07563334555**





Come and join Onyx and his friends at our popular....

## PUPPY SOCIALISATION & TRAINING SESSIONS

**Sessions run twice daily Monday to Friday**

**AM session: 8am to 12 noon\***

**PM session: 12:30pm to 4:30pm\***

**£20 per session (up to 6 months)**

The course is designed and run by Tamsin-Jane Sewell a degree qualified Canine Psychologist, leading local dog behaviorist and highly acclaimed trainer. Here your puppy will be scientifically introduced to many other breeds of dog where he/she will learn to socialize properly, giving your new fur baby the very best start in life. Our aim is to help you develop a well rounded and contented dog from puppy through to senior citizen.

During each session an element of training is introduced, tailored to your dogs identified developmental needs, with a short video uploaded to a dedicated and exclusive 'members only' training area on our Facebook page. This will contain a demonstration of each task/developmental aspect with useful 'how to' tips to help you continue the training in your own home. Come and join us in our clean, safe and popular Day Care Facility in the village of Over just outside Cambridge.

\* come flexibility over pick up/drop off times

Well over 300 puppies  
successfully trained since  
the first easing of  
lockdown.

# NORMAN'S



RATED FACILITY

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## Free, friendly running group in Bar Hill

Join us for an easy way to get into (or back into) running. You can't get left behind and our only goal is that you have fun. No commitment and low stress!

**Tuesdays  
& Thursdays  
at 6pm from  
The Octagon**

Info and booking: [linktr.ee/rfyl](https://linktr.ee/rfyl)

1		2		3		4		5
6								
7		8				9		
10								

## PUZZLE

**Across:** 1.—hub found at the octagon on Mondays. 6.tree of tropical America. 7.sea monster. 10.paid in.

**Down:** 1.coax/wheedle. 2.raincoat. 3.disturbances. 4.pub. 5.ached for. 8.celebrity. 9.too warm.



# Rhymetime

Every Tuesday  
2.30pm—3pm

## 1st Bar Hill Scout Group

Bar Hill Scouts now has four sections: Scouts, Cubs, Beavers and our latest section, Squirrels, for the 4 to 6-year-olds. They started in September and are having a lot of fun and starting to learn new skills.

The Beavers are enthusiastically tackling their programme and enjoy a sleepover with lots of games.

Cub Scouts enjoy a busy programme, learning new skills and craft projects, and attending group camp.

Scouts in our senior section had a weekend camp with many activities and cooking all the meals. The Scouts are looking forward to a summer camp in Holland and are raising money to help fund it.

Last but by no means least, a warm (we have just had new heating installed) welcome to Bar Hill Guides, who are now sharing the Headquarters.

We can be contacted about children joining or adults helping at

[nathan.hills@barhillscouts.org.uk](mailto:nathan.hills@barhillscouts.org.uk)



### What does Cambridge REMAP do?

- REMAP volunteer engineers design and make bespoke equipment for people of all ages (babies to elderly), with a disability.
- We can make equipment to facilitate Mobility, Personal Care, Hobbies, Communications, Sports, etc.

### How can get I help from Cambridge REMAP?

- If you are struggling with a physical task due to a disability, get in touch.
- REMAP engineers often work with health professionals, such as OTs and Physios, but Carers and individuals can also contact REMAP directly (details below).
- Our service is provided free of charge

[Cambridge.Secretary@remapgroups.org.uk](mailto:Cambridge.Secretary@remapgroups.org.uk)

Tel: 07946 019175

[www.remap.org.uk](http://www.remap.org.uk) [Remap.org](https://www.facebook.com/Remap.org) [@RemapUK](https://twitter.com/RemapUK)

**CHARITY QUIZ NIGHT**

**SUNDAY 26<sup>th</sup> MAY**  
from 6pm (starts at 7pm)  
The Green Man pub  
SG8 6RA, Shepreth

**ALL FUNDS RAISED ARE FOR  
SWCC SHEPRETH HEDGEHOG HOSPITAL**

**£30 per team**  
(max. 6 people)

**INCLUDES FOOD PLATTER**  
£15 deposit per team payable by  
28<sup>th</sup> April 2024





# Bar Hill Childminders



Bar Hill Childminders are all graded 'Good' on their latest inspections, are fully insured and have Paediatric First Aid training. We offer quality, caring, home from home care with a wide range of exciting experiences for the children, both within our settings and the local community.

We regularly go on walks, outings and attend local groups to help the children socialise. We find having a wide range of ages benefits all the children in our care, it helps the younger children's confidence and encourages the older children to be patient and understanding with the younger children, helping them learn and progress.

We accept the 2,3 and 4 year funding and the Government Tax Free Childcare payments.

As we are busy during the day with the children, please text us your enquiry with details of your requirements and we will contact you as soon as possible with our up to date availability and hourly rates.

Jacky – **07718447998** – ages 6 months upwards. Term time only and all year round care offered. No spaces available.

Kirsten – **07906218070** – ages 6 months upwards. Term time only and all year round care offered. No spaces available.

April was a busy month. We enjoyed lots of fun Easter activities and the older children joined us during the school holidays.



We decorated Easter eggs and Easter Baskets and completed wordsearches. We were lucky enough to have Anne Chappell from the church come along to our Childminding group and hide Easter eggs for us to find.

We also took a bus trip into Cambridge to go on a giraffe hunt! We found lots of colourful giraffes and saw the one the children at school had

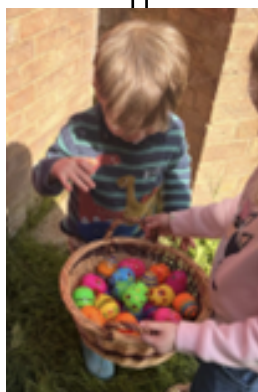
decorated.

We also had fun trips out to Wimpole and Anglesey Abbey. On one muddy walk we found lots of different animal tracks in the soft mud. After a lot of discussion the children decided that they must be dinosaur footprints!

We took part in BeepBeep Day, learning all about road safety.

During May we will be learning about how things grow, comparing how tall we all are and sowing some seeds. We will sow cress and tomatoes to eat, beans in clear pots so we can see the roots and shoots growing. We will also plant sunflowers to see if they grow taller than us and to have a little competition to see whose can grow the tallest!

We will also take part in World Bee Day on the 20th May - learning about how important bees are. A favourite book is Elmer the patchwork elephant and its Elmer Day on the 25th May so we will be celebrating the colourful elephant with stories and crafts.





**Bar Hill Fête & Festival  
Committee Presents.**

**SUMMER**

**13th July 2024**

**FÊTE &  
FESTIVAL**

*On the Village Green*

**Summer Fun For All.**

**Live Bands | Great Food | Real Ale's  
Craft/Trade Stalls | Classic Cars  
Tea's/Coffee's Cakes | Kids Rides.**

**FUN STARTS AT 2PM, COME ALONG**

**Free Entry**

